



30 DAY

Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Listen to your favorite song	Take a 15 minute walk outside	Read inspirational quotes.	Write down 3 things you are good at doing.	Take a 15 minute guided meditation shower.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Write a positive letter to your younger self.	Watch a funny or feel good movie or a series of them.	Read or listen to short inspiring life stories.	Take someone to lunch who makes you feel good.	Print a coloring page & color to destress.
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Play karaoke like no one is watching.	Wake up 15 minutes early. Do a guided meditation.	Read inspiring quotes.	Watch the movie Rudy	Do stretch exercises for 10-15 minutes.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Wear a soothing facial mask	Tell someone how much you appreciate them.	Take a 15 minute walk outside.	Write down 3 things you like about yourself	Go to bed 30 minutes early.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Write down the emotions you are feeling. Sit with them.	Practice box breathing method.	Read inspiring quotes.	Complete a dance workout online.	Dress, wear something that makes you feel good.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Write down 3 things that make you smile.	Cook a new recipe or try a new exotic dish.	Take a 15 minute walk outside	Before bed write down 2 things you are grateful for.	Buy flowers gently touch each petal. Enjoy the smell.